

Journaling to the Heart



A guidebook to assist you through all the seasons of your life

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Imagine yourself living your life fully supported, fully open, whole and emanating the true beauty of who you are. It is possible to unlock the language of your heart, to connect with your deepest feelings and be living the life you have been waiting for. Take pen in hand, open the pages of this work book and venture inside. It is here you will discover your true worth, it is here you will discover that you are loved and it is here that you will discover the deepest treasures of your innermost self. Your true Self is vast, limitless, ripe with possibilities, insights, talents and passion.

Journaling to the Heart Workbook contains writing and guided visualization exercises created to support, direct and guide you toward a more fulfilling, true, expression of your most authentic self. Each section is dedicated to an energy that may present itself to you as change or transition, challenging you to look within and find the true wisdom of your heart, soul and mind. The sections are broken into the seasons of the calendar year or seasons of your life. The writing you choose for a day or week does not need to be in the season that we are currently in. You may choose randomly. Ask your higher self for the writing exercise that is appropriate for the day.

Journaling to the Heart Contains twenty two journaling exercises plus ten guided meditations. This manuscript is an excerpt from the original

"My writing has led to huge insights and breakthroughs, and it's been cathartic in helping stuck emotions flow. I am more in touch with my feelings than I ever have been in my life." JC Journaling to the Heart Participant

"Journaling allows me to ground and center myself and reminds me to be conscious of my larger purpose. Journaling has opened up new worlds of expression, possibility and spirituality for me. I feel as if journaling has given me my life back, but a better, more complete life in which I see myself and everything around me in a completely new and reverent way." Jennifer Christensen – Journaling to the Heart Participant

"Journaling to the Heart has given me inspiration and tools to look within myself to find answers to my long sought after questions. Mary has provided a safe, sacred space for us all to come together and share our deepest dreams, desires, and challenges, a place filled with support and love. One of the best things I ever did for myself was to buy a journal and open my heart!" Jamye Richardson – Journaling to the Heart Participant

Cover photo courtesy of Lisa Spencer Journaling to the Heart Participant

Journaling Guidelines

Journaling to the Heart's "Inspiring Guidelines".

1. **A quiet place and five minutes.** Before beginning the exercises presented here, find a comfortable place to sit and write. Five minutes will be sufficient time to write. These five minutes are yours and yours alone, so make them count. Light a candle, sit in a comfortable chair, hide in the bathroom if you have to, but be sure to take five minutes, per day, every day that you can.
2. **Do not edit yourself while journaling.** Journaling is an art that is about honesty and discovering your true feelings. It is an art that everyone can master, it is an art that is unique to every individual. When you write, spelling and grammar are not important. Do not cross off what you have written. If you do, go back to that word or phrase and you might find valuable insight into what you are really feeling.
3. **Your journal is your trusted best friend.** Look at your journal as the best friend you ever had. Give yourself permission to share your truest thoughts, knowing that your journal is a space where you are loved and honored unconditionally. It is your space to be you.
4. **Respect your privacy.** Keep your journal in a safe space where others will not be tempted to read it. Hide it safely if you must to ensure that you are free to write your feelings.
5. **Date your writing and keep what you write.** This is to be your inner guidance record. You will be amazed and pleasantly surprised at how fast you open up, change, grow and start to manifest the life you desire. So write every day!
6. **Always write with your hand, not on the computer.** Journaling is a true connection of head, heart and hand. As you write you are waking up your mind/heart/soul connection and by writing you are "making real" who you are. You do not have to carry your hopes, dreams, fears, desires within anymore, you get to release what you do not desire and make manifest what you do. Journaling is true freedom!

SPRING

Life is just a chance to grow a soul.--A.Powell Davies

Spring's challenge is New Beginnings. This section contains writings that inspire you to give birth to new ideas, talents and leave the past behind, to step into a future that may be very different than your old reality. Dare and risk are two energies of spring. New life dares to spring up from the barren earth and grow.

Exploring the Impossible:

How many times in your life have you ever attempted the impossible? How many times have you heard yourself comment "That is impossible!" Delving deep down inside, you are going to bring out a wish, dream, hope, or idea that you really feel is impossible. Then imagine that it is possible, in fact it has happened. Write about it.

1. What dream, wish, hope or idea do you have that you feel is an impossibility? Name it and claim it!
2. Now, imagine that this dream, hope, idea or wish is true. Yes, imagination is the key. See and feel yourself living in that dream, hope, wish or idea. Write about how your life is now. Where are you living? What do your days look like? Who is in your life? What are you doing?
3. Each day for the next week live as if you are in your dream. Journal a few sentences each day about the ideas that you are getting in order to manifest your dream. You will be getting insights now, so pay attention! Journal these ideas and insight. NOTE: As you imagine that your dreams, wish, hope, or idea is coming to fruition, know that all that is in your way, will bubble to the surface. Take action to clear that out in order to manifest. You will be doing spring cleaning of that which no longer serves you. Perhaps you will be called to clean out a closet, making room for a new wardrobe that will suit the new you. Perhaps you will come across an old or new friend who directs you to your next step. Be ready to implement the changes your higher self is ordering...because you dared to dream!

SUMMER

When you do things from your soul, you feel a river moving in you and a joy. --Rumi

Summer's challenge is one of using your talents, gifts and abilities to the fullest. Life challenges us with many opportunities to grow, expand and become the true version of ourselves. This section contains writings that inspire you to use the wisdom within and take action on whatever it is you are wanting to create.

Who Am I?

Understanding who you are right now in your life is important for you to be able to step into your creative life.

A creative life is expressed by being you, wherever you are, whoever you are, whatever time of day it is!"

1. Without qualifiers (mom, sister, friend, employee, etc) describe who you are: What are your special characteristics? Who are you emotionally, physically, spiritually and mentally? (Remember you are to tell a better feeling, improved version than perhaps you ever have.)

"My participation in Journaling to the Heart has changed my life in significant ways. One of the biggest obstacles in my life has been the ability to trust. I have often felt alone and isolated, dealing with issues swirling inside my head with no perspective or relief. Internally, learning to journal in various ways has focused my thoughts and helped calm the "noise" that gets in the way of honest feeling and choosing a healthy direction. It has helped me become aware of my own inner guidance and wisdom that I had not ever really listened to. Journaling to the Heart has truly been a key element in helping me create the life I was meant to lead." LS Journaling to the Heart Participant

AUTUMN

The personal life deeply lived always expands into truths beyond itself. --Anais Nin

Autumn's challenge is to find balance in every area of your life. This section contains writing that inspires you to wake up to what is truly important in your life. To find emotional release in order to have divine balance, within and without is the focus in autumn.

Strengths and Weaknesses

1. What do you consider one of your character strengths?

Example: Courage, diligence, persistence, caring, compassion, insight, honesty, endurance, creativity, self confidence, enthusiasm, integrity, patience.

How you have used this strength to help you in life?

What do you consider one of your weaknesses?

Example: Sensitivity, gullability, trusting, patience, understanding,

2. Turn your weakness into a strength by reading the following self guided meditation and reflecting on a New Perspective of your strengths and weaknesses:

Finish this sentence and continue writing without stopping for at least five minutes.

I have turned this weakness into a strength by...

3. Complete this exercise by asking yourself to remind yourself all week long to turn one of your perceived weaknesses into a strength. Once a day you are to do so and see how you feel at the end of the week.

WINTER

"The work I did with Mary has really made me more attuned to what my inner self is saying. It let me tap into some personal strengths and let me know more of the person I want to be." Martha Smith NYC Reiki/Inspirational Coaching Client

Winter's challenge is to find rest, relaxation and inner peace. This section contains writing that inspires you to go within and tap into the eternal wise self that holds the keys to peace, abundance, love and joy.

It is now a time to turn within and reflect, a time to rest and regenerate our batteries, a time to find solace within the deep recesses of our heart space. It is a time of darkness and a time for us to find the light within the darkness.

Traditions

Tradition: An inherent, established or customary pattern of thought, or action. The handing down of beliefs, and customs by word of mouth, or by example, without written instructions. A belief or custom thus handed down.

Given the above definition for tradition consider the following ways you might have broken tradition. Breaking tradition during the holidays, breaking tradition in relationships, breaking traditions in how you raise your children, or in the job you have.

1. Write about a way that you have "broken tradition". Can you see how has this act of courage and bravado given you a closer relationship with your true authentic self?
2. What might you need to "break tradition" with now in order to feel a deeper bond with your authentic self?
3. What traditions do you want to keep? Which traditions serve you as you emerge as your authentic self?

